

## Positive Alternatives 2017 - 18 Quarterly Update

**Grantee (Name and city): Chisago Life Care (DBA Options for Women Chisago Co)**

**Location: 6344 Elm Street, North Branch, MN 55056**

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**Goal: To provide positive alternatives to abortion to pregnant women and parenting men and women**

**For the period/quarter: 6**

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
<b>Administrative Activities</b>	Hire grant staff  Provide guidance to grant staff  Attend required grant staff		Our new Executive Director is quickly learning how to manage the grant along with many other functions of his job. Marketing and outreach have been his main areas of focus this quarter. He is currently working with the Board of Directors and Director of Client Services for programs that are going to be added and developed in 2018. Working with the Board of Directors regarding further fundraising and budget development. Working on a communication strategy for donors, future donors and future partners.	
<b>Outreach</b>	Oversight of web site update and redesign, marketing plan and advertising within the community. Strengthen relationship with existing community partners and identify new community partners in		Our web designer has been placing google ads on our behalf. Marketing signage for the community is about to be approved and displayed in community. We have made many contacts with local churches regarding donations as well as client referrals. Four churches are currently doing first time fundraising activities with us	

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	order to identify potential referral sources for clients and increase capacity of programming.		this year. New partnerships are being explored through the North Branch, Chisago lakes and Wyoming business associations. Contacts have been made for emergency care of mom and child with hotel rooms, car repair, and gas vouchers. Developing a partnership with a Foster child resourcing agency to work together for kids in our community.	
Case Management Services	Provide client follow up for outside and internal programs. Provide referrals and assistance with securing other outside support and social services.	200	Clients feel supported and cared for as we build rapport at each case visit and continue to invite them back for follow-up visits. We see many clients on a weekly basis. A couple of our clients are seen multiple times per week as they participate in our group classes.	190
Crib Distribution/ Sleep Safety Education	Provide practical and material assistance through crib distribution to qualifying clients through Cradle of Hope. Provide safe sleep education to all pregnant women. Provide referrals and assistance with securing other outside support and social services.	3	We had one client earn a pack n play through Cradle of Hope. We also referred her to St. Bridget's Church in Lindstrom where she received a brand new crib by attending one of their Hannah's Arms sessions. We saw another client who did not need a crib or pack n play so she received safe sleep education only.	2
Employment and Education Assistance	Provide work station and resources for work placement and resources. Provide referrals of qualifying individuals to GED completion program and job counseling internship program	3	We did not see any new clients needing employment or education assistance this quarter.	0

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Life-Skills Education Program	Provide one on one and group mentoring and workshops on topics to pregnant women and parenting men and women on life skills topics such as financial management, understanding credit scores, budget planning, etc. Provide referrals and assistance with securing other outside support and social services.	15	Cooking nutritious meals is an important life skill. We offered a six-week cooking class to our clients that began on September 12 <sup>th</sup> . Clients learned about proper meat handling and how to avoid contamination, correct portion sizes, the importance of reducing sodium and many other nutrition related points. Clients who attended the classes found them fun and informational and have been asking for us to hold another class soon.	16
Material Support/ Mentoring	Provide practical and material assistance to pregnant women and parenting men and women in the form of clothing, diapers and baby equipment. Provide women with information on, referral to and assistance with securing pregnancy and other material support and social services.	150	<p>We have seen a huge increase in the amount of clothing items and diapers we are able to provide for our clients. Our lactation support group has brought more traffic through the center. These families are very appreciative of the baby items they receive. Our gently used clothing donations have increased so we are easily able to give to those we serve. Our diapers and wipes donations have increased thanks to our supportive local churches as well.</p> <p>We created a partnership with our local Carter's store. We were enrolled in their pajama program and received 60 pairs of Christmas jammies. We invited clients that we haven't seen in a while to stop in and pick some jammies out for their littles. Since then we have received 4 more boxes of brand new clothing from Carters. The moms are so thrilled to receive these new items.</p> <p>We helped facilitate major financial helps to a family that has a baby with spina bifida. They had fallen behind on bills while attending to the medical needs of their infant. They had a mortgage payment made for them through Cradle of Hope thanks</p>	456

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			to our referral. The LIFE Fund provided financial assistance to them. Their electricity bill was also paid by an anonymous donor who contacted our center wanting to give to a family in need as a Christmas gift. In total they received over \$4,000.00 in helps paid directly to their creditors. They were so thankful and cried over the generosity they received.	
<b>Mental Health</b>	Provide one on one and group mentoring and workshops on topics to pregnant women and parenting men and women on parenting topics focusing on infants, toddlers and siblings. Provide referrals and assistance with securing other outside support and social services.	6	Our mom and me exercise class continues to improve mental health of the clients who attend by reducing stress levels. Our emotion coaching lesson makes parents aware of children's emotions and how to acknowledge them to improve mental health. Post Partem Depression has been a popular education topic this quarter as well.	9
<b>Mentoring Programs</b>	Provide one on one and group mentoring and workshops on topics to pregnant women and parenting men and women on topics such as prenatal and postnatal infant development, healthy life choices, parenting support, practical life skills such as budgeting, meal planning and nutrition, smoking cessation classes. Provide referrals and assistance with securing other outside support and social services.	75	We are pleased with the positive mentoring relationships forming in our group classes. At least half of a client's weekly visit is spent encouraging and offering practical helps, referrals etc. So many of our clients need this encouragement to make positive life choices. They know that we care and are here to support without passing judgement.	75

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<b>Parenting Education</b>	Provide one on one and group mentoring and workshops on topics to pregnant women and parenting men and women on parenting topics focusing on infants, toddlers and siblings. Provide referrals and assistance with securing other outside support and social services.	40	Our breastfeeding support group is growing in attendance which explains the huge increase in our report counts. Each week we cover an educational topic related to breastfeeding, infant development or other concerns that come up.	104
<b>Pregnancy Testing</b>	Pregnancy testing and counseling, client intake and provide program information. Provide women with information on, referral to and assistance with securing pregnancy support and social services.	5	We are happy to have met our pregnancy testing goal this quarter. Our website brought several women here.	7
<b>Provide Necessary Services to all clients</b>	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support and social services. Utilize resource database to provide information and make referrals.	6	Our partnership with WIC and our public health nurses for our lactation education and support group is bringing in new clients. Meeting at our location each week reminds them that we are here and to send referrals our way.	6
<b>Provide Necessary Services Assessments Only</b>	Provide intake assessment to determine need. Provide women with information on, referral to and	3	We were able to help a single mom of three experiencing financial hardship. Her family had Christmas provided for them by our community partner, Becky's Angels. They received gifts, decorations and Christmas dinner.	1

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	assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals			

Maternal and Child Health Initiative Task Force Strategies	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	0
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	1
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	1
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	2
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	1
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	1

**Challenges:**

**Comments:**